



SEPTEMBER 2009



**AURORA WEST SCHOOL DISTRICT 129
HOPE WALL SCHOOL
LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	1	2	3	4	Cal	664
	CORNDOG CARROT COINS APPLESAUCE MINI PRETZELS MILK	NACHO SUPREME w/Taco Meat & Cheese, Salsa WHOLE KERNEL CORN FRESH ORANGE SMILES ANIMAL CRACKERS MILK	CHICKEN SANWICH MIXED VEGGIES PINEAPPLE TIDBITS MILK	CHEESE PIZZA SEASONED GREEN BEANS CHILLED PEACHES MILK	T. fat	18.2g
					S. fat	4.9g
					Carb	99.3g
					Prtn	29.1g
					Iron	5.3g
					Calc	442mg
					Vit A	769
7	8	9	10	11	Cal	688
LABOR DAY NO SCHOOL	CHICKEN NUGGETS SEASONED GREEN BEANS CINNAMON APPLESAUCE MINI PRETZELS MILK	HOT DIGGITY DOG CARROTEENIES w/ DIP DICED PEARS CHOCOLATE CHIP COOKIE MILK	SOFT TACOS w/Taco Meat & Cheese SHREDDED LETTUCE MANDARIN OR- ANGES	PIZZA DIPPERS w/Marinara Sauce GARDEN PEAS PINEAPPLE MILK	T. fat	20.5g
					S. fat	6.5g
					Carb	96.1g
					Prtn	30.3g
					Iron	7mg
					Calc	486mg
					Vit A	456
					Vit C	21.2mg
14	15	16	17	18	Cal	716
BBQ *RIB SANDWICH WHOLE KERNEL CORN DICED PEARS ANIMAL CRACKERS MILK	BEEF RAVIOLI w/SOFT ROLL MIXED VEGGIES ORANGE SMILES GRAHAM CRACKERS MILK	ROAST TURKEY w/ Gravy MASHED POTATOES DINNER ROLL APPLE CRISP MILK	CHEESE PIZZA CARROT COINS CHILLED PEACHES MILK	MACARONI & CHEESE SEASONED GREEN BEANS APPLESAUCE MINI PRETZELS MILK	T. fat	16.6g
					S. fat	6.1g
					Carb	114.5g
					Prtn	28.5g
					Iron	4.5mg
					Calc	498mg
					Vit A	634
					Vit C	16.7mg
21	22	23	24	25	Cal	699
CHICKEN NUGGETS SEASONED GREEN BEANS CINNAMON APPLESAUCE MINI PRETZELS MILK	SLOPPY JOE on BUN TATER TOTS PINEAPPLE TIDBITS MILK	CHEESE PIZZA MIXED VEGGIES MANDARIN ORANGES GOLDFISH GRAHAMS MILK	School Improvement Day No School	<i>CORNDOG</i> <i>NUGGETS</i> MASHED POTATOES CARROT COINS MILK	T. fat	20.5g
					S. fat	6.3g
					Carb	101g
					Prtn	28.7g
					Iron	4.6mg
					Calc	432mg
					Vit A	688
					Vit C	24.3mg
28	29	30			Cal	723
CHEESEBURGER TATER TOTS GREEN BEANS MILK	BBQ *RIB SANDWICH CORN OFF THE COB DICED PEARS ANIMAL CRACKERS MILK	CHICKEN NUGGETS MIXED VEGGIES CINNAMON APPLESAUCE MINI PRETZELS MILK			T. fat	21.5g
					S. fat	8.1g
					Carb	104.4g
					Prtn	30.5g
					Iron	4.9mg
					Calc	372mg
					Vit A	806
					Vit C	8.6mg

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, handicap or national origin. Any person who believes that he/she has been discriminated against in any USDA activity should write to the Secretary of Agriculture, Washington DC 20250.

Questions about the menu?

Call Kathy Carter, RD or Melissa Paulus, RD @ 630/301-5533